



December—The Dreaded...

The Dreaded Holiday Weight Gain

Did you know Americans gain an average of one to five pounds during the holiday season? The holiday parties, extra treats at work and events plus the festive meals, it all adds up! No, a pound doesn't really seem like much and it's not, but it keeps adding up year after year to make a difference in which hole your using in your belt loop in no time. If you'd like a few ideas on how to keep things under control this season here are some tips:

First, try to remember that the holiday season is about more than just food. Next time you go to a holiday party, take time to admire the decorations. If there is entertainment, be sure to enjoy it. Focus on visiting with friends and family whom you haven't seen in a long time. That said, be honest and acknowledge that it would be unrealistic not to indulge in some holiday treats. The key is to do it mindfully, and in moderation.

One way to indulge "with purpose" is to make sure you don't show up to a party starving. You know you're not supposed to go grocery shopping on an empty stomach. The same is true for parties. Many people make the mistake of "saving up their calories" for the party. But that plan backfires because when we're ravenous; our self-control goes out the window and we consume way too many calories. Instead, consider eating a healthy snack before going to a party, such as an ounce of almonds (my favorite choice), or some hummus with veggies.

Once you're at the party, instead of going on "auto pilot" and digging into every dish, do a quick survey of the treats. Of the less healthy dishes, select two or three you really want to try. (For me, it's sweets!) For the rest of the meal, stick to healthier options, such as crudité, fresh fruit, salads, and lean meats. To help ensure that there is a healthier food option, volunteer to bring some food to a party. Fresh veggies with a low-fat dip, fresh fruit, low-fat cheese and multi-grain crackers, whole wheat pita and hummus, or chilled shrimp are all healthy, easy-to-prepare options. And you know that the party host will appreciate it.

And the Alcohol at what it seems like every get together.....

Continued on page 2...

Volume 3, Issue 6

In this issue:

Holiday Weight Gain	1
Weight continued	2
Volunteer Opportunities	2
Community Happenings	3
CAP Center	3
Committee Happenings	4

December 2019

December Quote: "If you knew what I know about the power of giving, you would not let a single meal pass without sharing in in some way."— Buddha

Club
President:

Rene Critelli



December Volunteer Opportunities:

December 5—Festival of Trees Gala

December 8—Kenny G

December 13—Season's Beatings MMA

December 21—Chase Hawks Rodeo

December 28—Rocky Basketball

December 29—Rocky Basketball

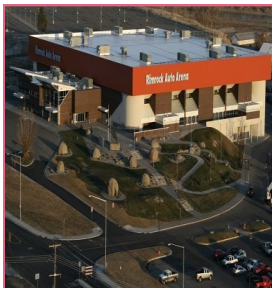
Future Volunteer Opportunities:

January 3—Rocky Basketball

January 9—Rocky Basketball

January 11—Rocky Basketball

April 26—Cher



Come weekly at 7:00 a.m. on Friday to the Yellowstone Room and get to know your fellow Exchangers!



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

No one's saying you shouldn't have a drink, but alcohol is doubly disastrous for weight management. First, alcoholic drinks can be loaded with calories, and because we drink (rather than eat) them, we often fail to recognize them as a significant source of calories. Additionally, alcohol lowers inhibitions and increases the likelihood that we'll go back for seconds (or thirds!) of that chocolate cake or deviled eggs. Something worth keeping in check.

Pick the perfect place to stand...

When you're at a party where appetizers abound, try to keep one hand "busy" by holding a cup of water or seltzer. Having only one hand free makes it harder to gobble untold calories' worth of appetizers. As an added bonus, you can take sips of your drink, or crunch on ice, when you have the urge to eat something. Also, make a mental note not to hang around the food. We all know the expression, "Out of sight, out of mind." The converse is also true. The more you see food, the more you'll want it. To help curb unnecessary eating, don't hang out near the buffet table or the bar at holiday parties.

What about the social graces around holiday eating?

If you're invited to a holiday meal at someone else's house, you might want to practice saying "no" before you go. This can be hard for many of us, but remember: just because someone offers you food doesn't mean you have to accept. You can politely decline saying, "Thanks, it was delicious, but I'm stuffed." If you feel really guilty, ask the host if you could take home some leftovers to enjoy later.

Can holiday stress affect our eating habits and our health?

Living up to unrealistic expectations, along with added responsibilities, can make the holiday season a very stressful time. During times of stress, we tend to forgo healthy eating and give up exercise. This is unfortunate, as both are great ways of handling stress. Physical activity is a great stress reliever, as well as a way to keep our weight in check. While it might not be realistic to set aside a large chunk of time each day to devote to exercise, try to accumulate 15-20 minutes of daily walking. If you attend a party with music, be sure to hit the dance floor.

Make a concerted effort to protect your downtime. Whether it's an invitation to a party, or a request to run an errand for someone, you have the right to politely decline. Most of us can tell when we reach the breaking point, but better to take it easy before you get there. Indulge in self-pampering. Most of us have special rituals we use to unwind, such as taking a long bubble-bath, meditating, dancing, or vegging under the covers with a good book. Ideally take 20 minutes to devote to yourself every day. If you don't have a way to relax, think back to what you enjoyed as a child, and try that activity.

Believe in yourself that you'll do better this year than in past years!

The most important thing is to have realistic expectations about what will happen this year. During the holiday season, it's especially important to take into account a particularly hectic schedule and proximity to tempting foods. Acknowledge that you will likely need to modify your regular routine. Instead of throwing all healthy behaviors out the window from October to December and swearing to be "perfect" come January, take steps to engage in the healthiest behaviors that you can, given the constraints of the holiday season. If you do that, you should have no trouble surviving the holiday season, and you might even enjoy yourself and actually thrive.

bewell.stanford.edu

THE BREAKFAST
EXCHANGE CLUB OF
BILLINGS, MT

PO Box 2224
Billings, MT

www.breakfastexchangeclub.org

Exchange, America's Service Club, is a group of men and women working together to make our communities better places to live through programs of service in Americanism, Community Service, Youth Activities, and its national project, the Prevention of Child Abuse.

Looking for something to do and support community organizations at the same time?

12/5—Festival of Trees Gala

12/6—Christmas Stroll

12/20—Chase Hawks Cowboy Supper

Mondays—Community Monday @ Hooligans (each week benefits different organization)

Tuesdays—Pint night at Last Chance Cider House (each week benefits different organization)

Tuesdays—Bingo Night at 406 Kitchen & Taproom (each week benefits different organization)



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

CAP Center Corner

What is Cyberbullying?

Cyberbullying is bullying that takes place over digital devices like cell phones, computers, and tablets. Cyberbullying can occur through SMS, text, apps, social media, forums, or gaming where people can view, participate in, or share content.

Cyberbullying includes sending, posting, or sharing negative, harmful, false, or mean content about someone else. It can include sharing personal or private information about someone else causing embarrassment or humiliation. Some cyberbullying crosses the line into unlawful or criminal behavior.

Persistent – Digital devices offer an ability to immediately and continuously communicate 24 hours a day, so it can be difficult for children experiencing cyberbullying to find relief.

Permanent – Most information communicated electronically is permanent and public, if not reported and removed. A negative online reputation, including for those who bully, can impact college admissions, employment, and other areas of life.

Hard to Notice – Because teachers and parents may not overhear or see cyberbullying taking place, it is harder to recognize.

Facts on Cyberbullying:

Research on cyberbullying is varied and growing. However, because kids' technology use changes rapidly, it is difficult to design surveys that accurately capture trends.

June 2014: Nationwide, 14.8% of students reported being cyberbullied, including being bullied through e-mail, chat rooms, instant messaging, websites, or texting.

In 2011, about 9 percent of students ages 12–18 reported being cyberbullied at school during the school year.

In 2011, it was reported that 16 percent of high school students in grades 9-12 were electronically bullied in the past year.

<https://americanspcc.org/>



EXCHANGE

BREAKFAST EXCHANGE CLUB OF BILLINGS, MT

Committee Happenings:

BECON Committee—Your December BECON Editor is Cory Hasiak.

Social Committee—The holiday party is scheduled for January 18th.

Dress a Child Committee—Committee Chair, Don, has been working with the Salvation Army. We are scheduled for December 14th and will shop with 70 kiddos.

Senior Lights Bus Tour—Happening on December 17th. Get in touch with Ryan to sign up!

Other Happenings:

District Convention—May 8th and 9th in Butte

National Convention—July 22nd—25th in Colorado Springs, CO

GET INVOLVED!

***Committee Chairs—Please email your upcoming events to
dinaharmon1212@gmail.com to be included in next months newsletter!***